### See Laughlin annual award winners, page 10

# Border Eagle

Vol. 53, No. 7

### Laughlin Air Force Base, Texas

### Feb. 18, 2005

### **Newslines**

#### Bowling center closure

The bowling center will be closed for a six-week renovation beginning Saturday.

During the closure, Club XL, SilverWings and Pepperoni's are open during their normal hours to all ranks, civilians, dependents and retirees.

#### Chief induction ceremony

A chief master sergeant induction ceremony for Senior Master Sgt. Richard Conerly, 47th Mission Support Squadron, will be held 6 p.m. March 12 at Club XL. Commanders and distinguished visitors can RSVP by calling 298-4708.

For more information or to sign up, call 298-4285 or 298-4115.

### Tops in Blue visits Del Rio

The Air Force entertainment group 'Tops in Blue' will be entertaining the Del Rio community March 4 at the Paul Poag Theatre. Doors will be open to base members at 6 p.m.

For more information, call 298-5830.

### Tsunami victims fundraiser

The base Rising-6 Council is sponsoring a fund raiser on behalf of the American Red Cross Tsunami victims fund today. Specially marked containers are placed at places like the commissary, military personnel flight and the base exchange for people to drop off donations.

For questions or details, call 298-4352 or 298-5993.

### Deployment stats

Deployed: *21* Returning in 30 days: *19* Deploying in 30 days: *15* 

### Mission status

Mission capable rate (As of Tuesday)

T-38C, 76.3% T-1, 89.4% T-38A, 71.8% T-6, 94.4%



Photo by Airman 1st Class Olufemi Owolabi

Charles Robertson, 47th Operations Support Squadron, demonstrates the use a flight control stick in a T-38C simulator that is used as part of student pilot ground-based training here. Mr. Robertson is one of more than 300 general schedule civilian workers on base who will be affected by the new National Security Personnel System regulations.

## **New civilian** personnel rules published

Compiled from staff reports

DoD and the Office of Personnel Management will publish the regulations that will govern how the new National Security Personnel System will operate, DoD officials announced Feb. 10.

The proposed regulations appeared in the Federal Register Monday, and officials invited comment.

Laughlin Air Force Base general schedule civilian employees will be rolled into NSPS fairly early, said Deborah Breining, chief of the Civilian Personnel Flight here. Laughlin is included in step two of the first implementation spiral and GS employees here could be switched as early as January 2006.

See 'Civilian,' page 4

### Air Force Assistance Fund campaign kicks off

The Air Force Assistance Fund "Commitment to Caring" campaign, which started Monday, will run until May 6.

Program officials invite Airmen to contribute to any of the Air Force's four official charitable organizations.

The charities benefit active-duty, Reserve, Guard, retired servicemembers, surviving spouses and families. This is the 32nd year of the fund drive, where the four charities receive 100 percent of designated

"The need for (Air Force Aid Society) assistance remains strong," said retired Lt. Gen. Mike McGinty, Air Force Aid Society chief executive officer. "Last year, the Air Force Aid Society helped more than 30,000 Airmen with \$21.1 million in assistance that is a lot of help.

"Contributions are vital for the society to sustain this kind of help; it is truly an Airmen-helping-Airmen program," General McGinty said.

Air Force Chief of Staff Gen. John P. Jumper recently announced a \$5.4 million goal. Last year, Airmen gave \$6.7 million to the fund.

People can contribute through cash, check, money order or payroll deduction to the following charities:

The Air Force Aid Society; AFAS provides Airmen and their families worldwide emergency financial assistance, education assistance and an array of base-level community-enhancement programs. Information is available online at http://www.afas.org/.

The Air Force Enlisted Village Indigent Widow's Fund; The Air Force Enlisted Village, located in Fort Walton Beach, Fla. near Eglin Air Force Base, provides rent subsidy and other support to indigent widows and widowers of retired enlisted Airmen 55 and older. More information is avail-

online http:// www.afenlistedwidows.org/

The Air Force Village Indigent Widow's Fund; Air Force Village is a life-care community in San Antonio for retired officers, spouses, widows or widowers and family members. The Air Force Village Web site is http:// www.airforcevillages.com/.

The General and Mrs. Curtis E. LeMay Foundation; The foundation provides rent and financial assistance to indigent widows and widowers of officers and enlisted Airmen in their own homes and communities. The LeMay Foundation Web site is http:// www.lemayfoundation.org.

For more information, Laughlin members should contact Capt. Joe Anderson, AFAF project officer here at 298-5011.

(Courtesy Air Force Personnel Center News Services)

## Viewpoints

## Living a balanced life: part of mission success



Commander's Corner

**By Maj. Michael Greiner** 47th Comptroller Squadron commander

If you haven't read Robert
Fulghum's book, "All I Really Need
to Know I Learned in Kindergarten,"
I recommend spending a couple
evenings doing so. At a couple
hundred pages, it's an easy read
and I think most would agree that
Fulghum's perspective on life is
certainly thought provoking. Plus, I
think we all admire someone who
recommends taking a nap every
afternoon...wishful thinking, right?

Having spent the past four months assigned to the Multi-National Corps – Iraq at Camp Victory, Baghdad, I found myself drawn to one of Fulghum's life lessons in particular; that being to live a balanced life. Upon my arrival in Iraq, my boss, an Army colonel,

offered me some poignant advice. His advice – focus on the mission and keep your spiritual, mental and physical states in check. Being deployed to a combat zone, the first piece of advice made perfect sense, but I initially struggled with my grasp of the latter half of his advice.

Four weeks passed, and the long hours and endless work weeks were getting old; I was coming down with a serious case of 'groundhog-day syndrome'. The cure – get out of the office and do anything not related to work. My transformation was slow to start; hit the gym a couple times a week, sporadically read a few pages or attend services on Sunday.

Within two weeks, I had discovered the decoder ring and in short time, I was in the gym six times a week, making steady progress on my professional reading list, and my spiritual state had never been stronger; all accomplished while becoming more effective and efficient in completing the mission.

What's the secret, you ask? Every day, each of us faces competing requirements for our time. In the past, for me this meant building a "to-do" list, charging off, and not stopping until the list was complete. The downside with this approach is that it can lead to a life that is completely unbalanced. The lessons I learned while deployed – understand the mission; know how your function supports the mission; minimize those competing requirements that are non value-added in completing the mission; and prioritize what's left on your plate – are not rocket science.

The key is to take advantage of this new prioritized view of your world at work and make time for those activities that are value-added to improving and finding balance in your life.

Our mission here at Laughlin is clear— to train expeditionary airpower experts to fight and win America's wars.

By introducing some balance into your life, you ensure that the 47th Flying Training Wing will continue to fix, fuel and fly jets better than anybody else on the planet

## Border Eagle

**Editorial Staff** 

Col. Tod Wolters

Commander

Capt. Paula Kurtz

Public affairs chief **2nd Lt. Sheila Johnston**Internal information chief

Tech. Sgt. Anthony Hill
PA NCO in charge
Airman 1st Class
Olufemi Owolabi

Editor

The Border Eagle is published every Friday, except the first week in January and the last week in December, by the Del Rio News-Herald, a private firm in no way connected with the U. S. Air Force, under exclusive written contract with the 47th Flying Training Wing, Laughlin Air Force Base, Texas.

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Editorial content is edited, prepared and provided by the Public Affairs Office of the 47th Flying Training Wing. All photographs are Air Force photographs unless otherwise indicated.

### Deadlines

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. Copy deadline is close of business each Thursday the week prior to publication.

Submissions can be e-mailed to: olufemi.owolabi@laughlin.af.mil or sheila.johnston@laughlin.af.mil.

### Advertising

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

## Everyone gains from a good 'wingman' principle

**By Lt. Col. Lawrence Roche** 27th Intelligence Support Squadron commander

LANGLEY AIR FORCE BASE, Va. — The Romans, while not the first to understand the central principle behind having "wingmen," were some of the first to document the importance of the wing position. The most basic Roman battle lines were arranged with the infantry in the center and cavalry on the wings. The main purpose of the cavalry was to protect the center from being outflanked.

For the Army to succeed, it was imperative that the infantry and cavalry understood and followed a prearranged plan and moved with a single purpose. Separately, neither the infantry nor the cavalry stood much chance at defeating an opponent, but together, watching out for each other, they were a

formidable force.

The Roman Empire and its lasting contributions to the civilized world would not have been possible without a well-disciplined army and sound principles.

The weapons used to wage war have changed dramatically since the Romans, but the principles guiding their employment have not. Today, one of the most important and trusted positions in a formation of aircraft belongs to the wingman. While we have exchanged cavalry horses for F-15 Eagles, the wingman's job remains the same: to protect the lead aircraft.

So what does any of this have to do with us? As Airmen, we are all part of a much larger team. The combined effect of individual efforts and skills make our Air Force the most powerful air force in the world. None of us could do our jobs without the support of others. We

count on our teammates to do their part so we can do ours. We share a common purpose and we know when we need help, our teammates will be there to pitch in and make the mission a success. All of us need a wingman to succeed.

Being a good wingman is a 24-hour-a-day job. The principles apply both on and off duty and are anchored in personal commitment. Good wingmen have many important qualities. First, they have a moral compass that always points true north. They know the right thing to do and take action to do it. Second, they "keep their head on a swivel," searching the horizon for any sign of trouble and step in to prevent it. Third, a good wingman learns to lead just as well as follow.

We all must be prepared to step up and lead when required, just as we must all be ready to follow once a decision is made.

## Leadership quality is measured by unit's success

By Master Sgt. Darryl Rink 386th Expeditionary Security Forces Squadron

SOUTHWEST ASIA — Throughout my career, I've seen leaders of all ranks come and go. But when I look back, there seems to be a connection between the assignments I enjoyed and those with leaders who were involved.

General Dwight Eisenhower once said, "Leadership is the art of getting someone else to do something you want done because he wants to do it." The general could not have been more correct. Waking up each morning and putting on my uniform is easy when I know that at the end of the day I will go home with a feeling of pride and accomplishment.

Unfortunately, the ability to lead people into an atmosphere where there is a sense of "want to" isn't handed out with new bars or stripes.

Sometimes, along the way, mistakes are made and lessons learned. This was the case not too long ago when I was part of a small unit.

We had great potential, but each day our leader remained distant and uninterested in the internal dynamics of the organization. Our success was always measured by the end result, and in most cases it was "mission accomplished."

Although we produced good ratings for the status board, almost everyone came to work with a look of disinterest on their faces.

As with all Air Force work centers, eventually someone will leave, and leaders are no exception.

Our leader did move on and a new boss was on the way. We all waited with a lot of anticipation. We had no idea of what to expect, but 'Wow', what a shock! I can only compare it to watching a medical show, and hearing a

doctor say, "Clear."

She took charge of our organization.

I don't remember her exact words, but she wasted no time telling us that things were broken and we were going to have to put in some long hours to fix them.

Our new leader possessed characteristics that I had read about many times before, but I had never seen so many of them in one person. First of all, she was the most decisive person I had ever met. Her decisions were usually unpopular, but she would not waiver. She also displayed a high level of competency.

She knew the business, and that was painfully obvious to all

But if there was one thing that really put her over the top, it was her energy. It was impossible to be anywhere near her and not be drawn into her singing and warrior calls. Each

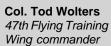
morning, roll call was an adventure. We sang, cheered and laughed despite the long hours that were ahead of us.

Here was a leader who was near the end of a long career, but the energy she possessed would lead you to believe that she was a first-term Airman. Adjusting to this new leader was no walk through the park, she was tough. But, she had a short-term vision for the people, and she got us there efficiently and effectively.

Prior to her arrival, we were led to believe that we were mission ready, but she knew that we were capable of being more than ready. She led us straight to the top and we enjoyed being there.

For the first time in a long time, work was a place we wanted to be. I wouldn't dare say that a good leader needs to sing and cheer at the beginning of each day, but a little decisiveness, competence and energy can definitely be a good starting point for anyone who wants to be successful.

### **Actionline**



### Call 298-5351 or email actionline@laughlin.af.mil

This column is one way to work through problems that haven't been solved through normal channels. By

including your name and phone number, you are assured of a timely personal reply. It's also useful if more information is needed to pursue your inquiry. We will make every attempt to ensure confidentiality when appropriate.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved. Please keep e-mails brief.

If your question relates to the gen-

eral interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions. Below are some useful telephone

numbers that may be helpful when working your issue with a base agency.

298-3176
298-5204
298-5252
298-5299

Clinic 298-6311 298-5815 Commissary **Dormitory manager** 298-5213 298-5879 **FWA** hotline 298-4170 298-5904 Housing Information line 298-5201 298-5172 Legal **MEO** 298-5400 **Military Personnel** 298-5073 **Public Affairs** 298-5988 **Security Forces** 298-5900 Services 298-5810

### Kids' skate park

uestion: I am a concerned have lots of children who have asked the services division for a skate park for children ranging from the ages 8 to 15.

I was wondering if there was a way we can provide these children, with a small skate park.

What is the action we have to

take as parents or as a community to do something for the children here on base? Our concerns are mostly with mother here on base and we the safety downtown. They cannot be downtown on their own, and we would like for them to have a place they can call their own, where they can come together and have fun and skate board.

I am aware that there are other bases that have skate parks, and I was just wondering if there was some kind of answer that we as parents can get for them.

There are many children here on base that, I believe, would like and really appreciate a skate park.

Thank you very much.

Response: Thank you for bringing your concern and idea to our attention. Our community's youth are extremely important to us, and we strive to provide as much support to them as possible. Unfortunately, there

are currently no available funds to support constructing a new skate park on Laughlin. Services management and staff support your idea for one and have added your proposal to our Long Range Capital Improvement Plan. We will work to obtain the required funds to make a park reality.

Please see the community calendar on page 16 for a listing of youth activities.

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# Civilian personnel offers 'just in time' training for supervisors

By Kathy White Public Affairs

At a base where more than half the employees are civilians, there are bound to be questions about supervising them. Laughlin's civilian personnel flight has developed a series of brief training courses that will answer them.

Starting Wednesday, they will offer monthly classes covering a variety of topics. The first will cover civilian employee evaluations and appraisals.

Deborah Breining, the civilian personnel flight chief, said supervisors and managers have told her they're interested in learning more about how to work effectively with their civilian employees.

"Sometimes there appears to be an air of mystery surrounding supervising civilians," Breining said. "The rules appear to be more cumbersome and intimidating that those governing military members. These classes, I hope will demystify the processes."

Breining said the hour-long classes will be open forum sessions where supervisors can ask questions and get guidance on tough issues.

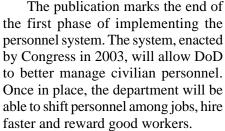
The civilian personnel flight staff also will have handouts and ready references available. Attendees are urged to bring a three-ring binder with them to build their own reference guidebooks.

Among the topics to be covered in upcoming classes are grievances; supervisor's employee work folders; workers compensation; and leave, hours of work and the basic work

Each class will run from 11 a.m. to noon in the Family Support Center conference room. Sign up by calling 298-5806.

Future class topics and dates will be announced in the Border Eagle, on the commander's access channel (on base cable channel 34) and the base bulletin

For more information, call Deb Breining at 298-5299.



"Now NSPS is going to replace a 50-year-old system," Secretary England said. "We're going to replace (the current system) with a very modern system that we need to attract, recruit, retain, compensate fairly and manage our employees."

The system will focus on performance, flexibility and accountability, the secretary said. "It will be much more responsive to the national security environment, and ... it will fully preserve our employee protections, our veterans preference and employee benefits."

If all goes well, the first 60,000



Photo by Tech. Sgt. Anthony Hill

### Good job...

Staff Sgt. Juan Cervantes, 47th Communications Squadron, takes a look at a chemistry project as a judge during the ninth Annual Regional Science Fair Feb. 10 at the Del Rio Civic Center. The project, created by Alfredo and Ana Rodriguez from Garfield Elementary School, was one of more than a hundred on display by local students in the San Felipe Del Rio Consolidated Independent School District.

people under the NSPS will transfer to the system in July. They will transfer at their current salaries. Generalschedule workers will stop being GSdesignated employees and will transfer to pay bands. It will be a year before the first decisions are made on performance pay raises, officials said.

Dan Blair, the OPM's acting director, said the new rules will not change merit system protections, whistle-blower protections, veterans preference, benefits, rules against prohibited practices or leave and work schedules.

NSPS will change the general schedule system and job classification standards. It will give managers more flexibility in reassigning employees to fulfill critical needs and more flexibility in where employees will work.

"We have encouraged our unions to work constructively with us, and also with the federal mediation and conciliations services so we can find common ground and make this an even better system," Secretary England said.

However, five federal employees unions announced they will challenge the system in court. The unions contend DoD and OPM have not adequately consulted with the unions.

Mr. Blair said that with NSPS the entire federal government personnel system has "reached a tipping point." DoD, the Department of Homeland Security and a number of other federal agencies will be covered under new, more responsive personnel rules.

"More federal workers will be covered by reformed and modernized systems than the current general schedule," he said. "These changes haven't come easily. But this new system, coupled with the DHS system, show that transformation can take place in an environment which honors merit and ensures collaboration and cooperation."

### Civilian, from page 1

"The deployment of the spirals will depend on lessons learned from switching over in earlier ones. No spiral will be deployed solely on a timeline, but rather as 'kinks' in early processes are worked out," Breining said.

Navy Secretary Gordon England said once the public comment period ends March 16, officials at DoD and OPM will confer with the various federal employee unions and then give all comments "fair and full consideration."

"Our plan, then, is to begin the implementation this summer," Secretary England said. "We'll learn through doing. We'll do this in phases. And we will progressively add more and more employees (and) learn as we go until completion at the end of 2008."

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https:/ideas.
randolph.af.mil
or call Tech. Sgt.
Thomas Mayo at
298-4355.

## News





Specialized Undergraduate Pilot Training Class 05-05



2nd Lt. Michael Costas C-17 (AFRES) March ARB, Calif.



2nd Lt. Sean Matthews C-17 McChord AFB, Wash.



2nd Lt. James Blech KC-135 Grand Forks AFB, N. D.



**2nd Lt. Erik Brown** T-6 Laughlin AFB



2nd Lt. Christopher Byrne F-16 Luke AFB, Ariz.



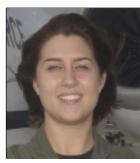
2nd Lt. Alfred Chaffee C-17 Charleston AFB, S.C.



**2nd Lt. Troy Combs** F-15E Seymour-Johnson AFB, N.C.



2nd Lt. Paul Goossen B-52 Barksdale AFB, La.



**2nd Lt. Mary Guest** KC-135 (ANG) March ARB, Calif.



**2nd Lt. Andrew Lynch** F-15C Tyndall AFB, Fla.



**2nd Lt. Shaun Maloney** C-17 McChord AFB, Wash.



**2nd Lt. Daniel Matre** C-17 Charleston AFB, S.C.



**2nd Lt. Charlottte Medina** C-130 Pope AFB, N.C.



**2nd Lt. Jeremy Nolting** T-6 Moody AFB, Ga.



**2nd Lt. Brian Novchich** F-15E Seymour-Johnson AFB, N.C.



2nd Lt. Kristin Sajevic T-1 Laughlin AFB



**2nd Lt. Donald Salamone** C-130 (ANG) Cheyenne ANGB, Wyo.



**2nd Lt. Aaron Sanders** KC-135 Robins AFB, Ga.



2nd Lt. Dennis Schmidt E-3 Tinker AFB, Okla.



2nd Lt. Thomas Shine C-130 (ANG) Youngstown ARB, Ohio



2nd Lt. Wayne Wiley KC-10 McGuire AFB, N.J.

News Border Eagle Feb. 18, 2005

## Three XLers win AETC medical service awards

By Airman 1st Class Olufemi Owolabi Editor

January was a month full of surprises for three Airmen

when they were recognized for garnering the Air Education and Training Command annual Medical Service award.

These Airmen were recognized for their outstending

of the 47th Medical Group

These Airmen were recognized for their outstanding leadership and job performance in their primary duties at the wing level.

They are:

Tech. Sgt. David Adkins, Senior Airman Yvonne Watkins and 1st Lt. Michael Akins (who recently departed Laughlin for a new assignment).

In the aerospace physiology career field division, Lieutenant Akins received the AETC Company Grade Officer of the Year award while Airman Watkins earned the Airman of the Year award.

Sergeant Adkins was recognized for receiving the Cleveland Parker's non-commissioned officer of the year in the public health division.

"I do a lot of multi-tasking events," said Sergeant Adkins. "I manage one of the top five most improved preventive health individual readiness programs in the Air Force."

The program allows the medical group here to monitor the base's medical readiness. "We report this readiness to squadron and group commanders here," Sergeant Adkins added.

One of the other duties that contributed to Sergeant Adkins earning the award was his helping the medical group to develop a response strategy to the flu vaccine shortage here.

Most importantly, his unit

is the focal point for members deploying in support of Operations Enduring Freedom and Iraqi Freedom to receive proper medical clearance. "We're the jump-off point for all deployees when it comes to medical standard issues," he said.

Sergeant Adkins proved his leadership and commitment to duties by being the 47th Flying Training Wing "NCO of the Quarter" from April to June and his recent selection to the rank of master sergeant.

Sergeant Adkins said winning an AETC-level award reflects the outstanding support of his unit for him.

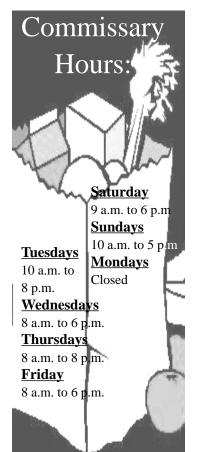
"This is a reflection of what we do as a flight. This shows we have a great team working together here," he said. "By doing our job everyday to the best of our ability, we can make a great impact to the success of a unit, squadron and the wing as a whole."

Airman Watkins, who is now vying for the Air-Force award in her career field, said her ability to learn more about her career field rather than knowing the basics distinguished her and contributed to earning the award.

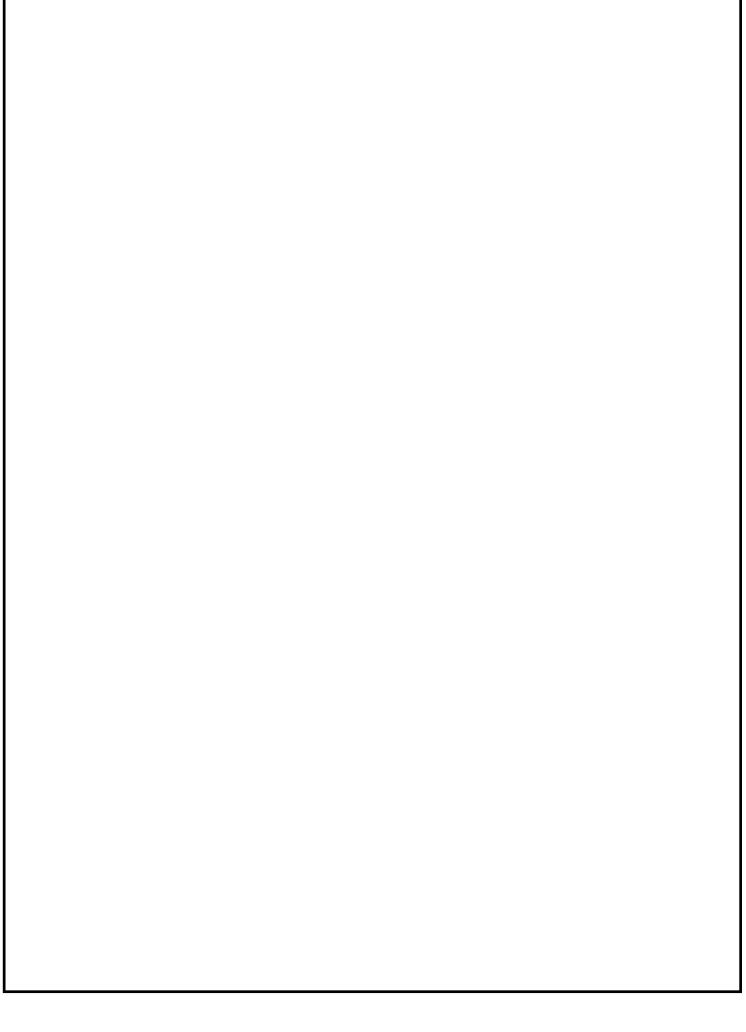
"I did a lot in my job than I was technically supposed to," said Airman Watkins. "Also, I keep striving harder to get better in the job everyday."

She urges all Airmen to work hard toward their goals. "Getting things done earlier than they are supposed to will help you achieve your goal earlier," she said.

Airman Watkins also proved her dedication to her job on base as the wing 2004 'Health and Safety Contributor, and Honor Guard Member' awards winner.







News Border Eagle Feb. 18, 2005

## Laughlin announces annual award winners

News

## Compiled from staff reports

Seventeen members of Team XL were recognized as top achievers during the 47th Flying Training Wing Annual Awards dinner Feb. 11 at the Fiesta Center.

Eighteen awards were presented to officer, enlisted and civilian members.

"These winners and all of the nominees represent the best at Laughlin," said Col. Tod Wolters, 47th FTW commander. "They have performed an outstanding job throughout the past year, and their contributions to the wing mission have been superb."

The winners will be recognized at the Del Rio Chamber of Commerce Annual Awards Banquet Feb. 25.

Not pictured is NCO of the Year, Tech. Sgt. Richard Drotts, 47th Mission Support Squadron.



Health and Safety
Contributor and Honor
Guard Member
Senior Airman
Yvonne Watkins
47th Aeromedical-Dental
Squadron



First Sergeant
Master Sgt.
Karla Jordan
47th Operations Group



Senior NCO Master Sgt. Robin Rutzke 47th Medical Group



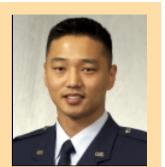
U.S. AIR FORCE



Airman Senior Airman Victoria Donnewald 47th Medical Group



Rated Flight Commander Maj. Alex DaRosa 84th Flying Training Squadron



Nonrated Flight Commander 1st Lt. Walter Gray 47th Operations Support Squadron



Volunteer
Tech. Sgt. Eric Maye
47th Mission Support
Squadron



NAF Category I Ramona Garcia 47th Services Division



NAF Category II
Kathy Harting
47th Services Division



Instructor Pilot 1st Lt. Zachary Hall 86th Flying Training Squadron



Company Grade Officer
1st Lt. Lauren Chavez
47th Medical Group



Dorm Room
Airman 1st Class
Sadek Brandford
47th Aeromedical-Dental
Squadron



Dorm Suite
Airman 1st Class
Nicole Sefers
47th Operations Support
Squadron



Civilian Category I Elsa Sauceda 47th Mission Support Squadron



Civilian Category II
Joseph Pagan
47th Flying Training Wing
Maintenance Directorate



Civilian Category III
Jerauld Smith Jr.
47th Operations Support
Squadron

Feb. 18, 2005

## Dorm residents enjoy 'wacky' time during competition

Story and photos by Tech. Sgt. Anthony Hill Public Affairs

Fun, food and good competition brought dormitory residents out Sunday to take on each other in the final events of this year's Dorm World 2 Challenge.

Dorm World, an Air Education and Training Command initiative, is an annual event that provides permanentparty dorm residents an opportunity to compete in a series of contests against other dorms for prizes.

Participants from Laughlin's two dorms, Buildings 255 and 256, battled each other in the variety of events.

With support from the 47th Services Division and Top Three members, challenges included a scavenger hunt, tug-o-war, and a wacky olympics.

The wacky olympics highlighted the competition, which included balance beam and water bucket brigade contests, an egg toss event and a shopping cart race.

Building 255 won the tug-o-war, but Building 256 had the upper hand in the scavenger hunt and wacky olympics, resulting in an overall tie. The deciding factor came down to volunteer hours.

After tallying the results of those who turned in the amount of time they volunteered, Building 256 ended up as the overall winner.

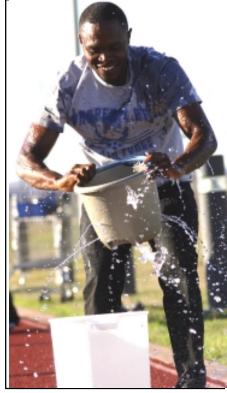
The top prize is a party for the winning dorm, which will include a live disc jockey and a video screen. The dorm runner-up will also be able to join the party when it takes place here.

"We will have a combined party for the dorm residents," said Staff Sgt. Amanda Corpin, assistant dorm manager. "We don't have all of the details yet, but planning will begin soon."

The benefits of the Dorm World competition varied for those who participated.

"All of the things they had us do were really fun," said Airman 1st Class Heather Kerr of Dorm 255. "The Dorm World competition gave us a chance to work together a little more with other (squadron members), and it gave us a chance to meet the newer dorm residents."

Airman Kerr, of the 47th Communications Squadron, said the overall



Dorm 256 resident Airman 1st Class Romeo Tcheutchua helps his team earn a victory in the water bucket brigade event.



competition was fair and allowed people at each activity to choose who wanted to participate.

She added that this type of event helps to bring the morale up in the

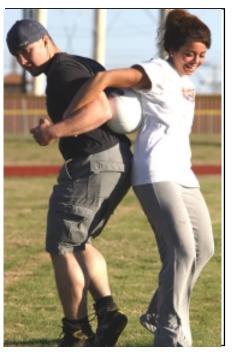
"The better you know people, the more you feel comfortable in the environment you are in," she said. "You don't feel the need to stay cooped up in your room all the time."

Airman Kerr said the Dorm World challenge was an awesome idea.

"I hope they keep doing it," she said. "Just keep up with ideas that keep young adults like us interested."



(Above) Airman Basic Juan Navarro leads Dorm 256 in the tug-owar as Airman 1st Class Hector Rivera and Airman Basic Harley Brydon give extra pull. (Left) Master Sgt. Karla Jordan, 47th Operations Group first sergeant, assists Dorm 255 participant Airman 1st Class Jeremy May around the bat during the wacky olympics.





(Above) Dorm 255 members rush through the shopping cart race as teammates (left) Airmen 1st Class Dan Mattson and Kristi Knowles take on the volleyball carry. Each event was part of the wacky olympics as dorm residents vied for top honors in the second annual Dorm World challenge.

## **Features**

## Military associations add voice to the force behind Air Force

Compiled from staff reports

The men and women of the Air Force achieve unmatched excellence in the air through the necessary contribution of every individual in the U.S. Air Force.

Just as our nation depends on our Air Force warriors to provide a warm blanket of security, the Air Force relies on its professional military associations to look out for members' interests and keep them informed on significant issues.

Organizations such as the Air Force Association, Air Force Sergeants' Association, and Military Officers Association of America maintain a strong voice in our nation's corridors of power, while groups such as the Rising 6, Top 3, and Company Grade Officers' Council promote policy, programs and professional development at the local level.

"These organizations provide a critical service in looking out for the

best interests of our active duty, reserve, and retired military members," said Col. Tod Wolters, 47th Flying Training Wing commander.

"From acquisitions and operational issues, to pay and benefits, these national associations provide a voice for military, veterans and families. But that voice is only as strong as we, as individuals, make it. The only way to make it stronger is to join in and actively support those causes you truly believe in."

With a membership of over 250,000, the Air Force Association is one of the military's strongest advocates on Capitol Hill with numerous successes such as: Tri-Care for Life, pay increases, expansion of Guard & Reserve benefits, increasing the Montgomery GI Bill stipend, new veteran cemeteries across America, multi-year procurement of the C-17 and continued advocacy of the F-22 Raptor and Joint Strike Fighter, just to name a few.

At the grass root level, Del Rio's

AFA Chapter 358 has a total membership of 130.

Here at Laughlin, AFA leader-ship speaks out at community functions and the association sponsors the Airman Leadership School's Academic Achievement award and the Specialized Undergraduate Pilot Training's Outstanding 2nd Lieutenant Award. Chapter 358 is currently conducting a membership drive and will hold its annual election of key leadership in March.

"The entire Air Force team has a stake in keeping the AFA strong and vital," said Lt. Col. Mike Ericksen, president of AFA Chapter 358

"The plain fact is that every dollar awarded in to the Air Force must compete against every other requested from the federal budget. No one doubts the need for a strong Air Force. But we still need to keep our message in front of every decision-maker at all times. Your membership in the AFA enables us to continue our strong advocacy of the rightful priority of air superiority."

Significant benefits to membership in the AFA include: educational loans; dental, medical, and prescription discounts; resume writing critique; on-line job bank; and banking services.

"Membership automatically makes you an integral part of a powerful network of committed men and women in the military, public service and private industry. AFA advisory councils work constantly on issues that matter to members of the Air Force, during and after their service," Colonel Ericksen said.

For the AFA, membership is as simple as taking out a subscription to Air Force Magazine, which offers keen insights into the state of aviation, the inner workings of the Air Force and the future of the industry, said Colonel Ericksen.

For more information how you can make a difference, contact Colonel Ericksen at 298-5068.

## The **XL**er

Hometown: Broken Arrow, Okla.

Family: Lori and son Jake Time at Laughlin: Three years and 1 month

Time in service: Almost nine years

Greatest accomplishment:

Taking college classes while enlisted and attaining my goal... being an officer and a

Hobbies: Boating, fishing, playing soccer, football and coaching my son's sport team Favorite movies: "Star Wars," "Joe Dirt," "Old School" and "Patton" If you could spend one hour with any person, who

Vince Lombardi... He was a great coach and leader. I would love to get some pointers from him about coaching and leadership.

would it be and why?

1st Lt. Joseph McCane 86th Flying Training Squadron



Photo by Airman 1st Class Olufemi Owolabi



### Laughlin **Salutes**

### **First Term Airman Class Graduates:**

- Airman 1st Class Colin Gaytan, 47th Flying Training Wing
- Airman 1st Class Katrina Wells, 47th Operations Support Squadron
- Airman 1st Class Jeremy May, 47th OSS
- Airman 1st Class Samantha Ramirez, 47th OSS
- Airman 1st Class Romeo Tcheutchua, 47th Civil Engineer Squadron
- Airman 1st Class Stephanie Hatch, 47th Security Forces Squadron
- Airman Michael Nellenback, 47th Aeromedical-Dental Squadron
- Airman Tabitha Turin, 47th OSS
- Airman Oscar Alvarez

- III, 47th OSS
- Airman Danielle Gorrell, 47th OSS
- Airman Juan DeLeon Navarro, 47th ADS
- Airman John Chiappialle, 47th SFS
- Airman Mario Nozawa, 47th CES
- Airman Basic Alissa Laxton, 84th Flying Training Squadron
- Airman Basic Harley Brydon, 47th Communications Squadron
- Airman Joseph Lee, 47th ADS

### **NCO Academy** graduates:

- Tech. Sgt. James Effingham, 47th Operations Group
- Tech. Sgt. Traci Wilmoth, 47th Medical **Operations Squadron**

2X5 MILITARY MEDIA

1X23b Animal House

> 1X3 Cinema

## Air Force **News ONLINE**

Access current news and information at United States Air Force Online News, the official newspaper of the United States Air Force With a simple mouse click go to www.af.mil/news

## Sports and Health

Come see the

## HARLEM AMBASSADORS vs TEAM XL ALL-STARS

7 p.m. March 9, 2005 XL Fitness Center Gymnasium

Tickets on sale now at Outdoor Recreation, Bldg 511 \$5 per seat/\$2.50 for standing room Children 4 and under free



Photo by Tech. Sgt. Anthony Hill

### Bring it on...

Cedric Lightner (right), a member of Laughlin's varsity basketball team, attempts a steal from a Lackland Warhawks player Saturday at the XL Fitness Center. The teams battled each other in a two-game series here last weekend. Laughlin lost 87-71 on Saturday, but returned on Sunday to edge the Warhawks 88-86 for the win.



Want to join an Air Force Sports Team?

Go to WWW. USAFSports.com

View the Calendar for upcoming training camps for soccer, volleyball and taekwondo

## Sports and Health



By Col. Laura Torres-Reyes 47th Medical Group commander

**uestion:** I went to the doctor because I thought I had pneumonia like my daughter. The doctor said my lungs sounded clear, and he thought I just had a viral illness instead of an infection that required antibiotics. I asked if I he could give me an antibiotic to ensure I didn't develop an infection but he said no, that wouldn't be appropriate. Why couldn't I have antibiotics just to be

on the safe side?

**nswer:** Antibiotics are very Abeneficial when prescribed properly, but when not used correctly they can actually be harmful to your health. They are strong medicines, they don't everything. Antibiotics can cure most bacterial infections, but do not have any effect on viral infections. Therefore, just because you are sick does not mean you need an antibiotic.

Most infections are caused by two kinds of germs: bacteria and viruses. Bacteria cause strep throat, some pneumonia and sinus infections – antibiotics can work to cure these illnesses. Viruses cause the common cold, most coughs, runny noses, flu and fluid in the middle ear – antibiotics will not cure the infection, will not help you feel better and will not keep

others from catching your illness.

Widespread use of antibiotics promotes the spread of antibiotic resistance. Smart use of antibiotics is the key to controlling the spread of resistance. Resistance occurs when bacteria change in some way that reduces or eliminates the effectiveness of drugs, chemicals, or other agents designed to cure or prevent infections. The bacteria survive and continue to multiply, causing more harm.

The biggest problem is unnecessary prescribing of antibiotics. Widespread inappropriate use of antibiotics is fueling an increase in drug-resistant bacteria. Families and entire communities feel the impact when disease-causing germs become resistant to antibiotics. Many physicians "give in" to patient demand for unnecessary prescriptions. Of the 90 million antibi-

otic prescriptions written each year, about 60 million are not necessary.

Viral infections sometimes lead to bacterial infections, but treating a viral infection with antibiotics will not prevent bacterial infection. Keep your doctor informed if the illness gets worse or lasts a long time, so proper treatment can be given as needed.

You can contact our Family Care provider on call for advice and authorization for emergency care from 4:30 p.m. to 7 a.m. Monday through Friday, weekends, and holidays at 703-6199.

Thanks for your question!

You may contact Colonel Torres-Reyes at laura.torres-reyes @laughlin.af.mil if you have a What's Up Doc? question.